

Runner s Journal Training Log: Medium Size 6x9, One Year Training Log, Shoe History, Race Log (Paperback)



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Reviews



I actually started off looking over this publication. Indeed, it really is play, nevertheless an amazing and interesting literature. Its been printed in an exceedingly basic way and is particularly just right after i finished reading this ebook by which actually altered me, affect the way i believe.
(Toney Bernhard)

RUNNER S JOURNAL TRAINING LOG: MEDIUM SIZE 6X9, ONE YEAR TRAINING LOG, SHOE HISTORY, RACE LOG (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. large type edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Runners track one year of training, shoe mileage/replacement, and races in this Runner s Journal Training Log. - 365 training entry sections - 9 shoe history sections - 52 race entry sections - Journal size 6x9 inches - Durable paperback/softcover, acid-free paper, and perfect bound spine for long journal life Each training section asks for date/time, route, distance, duration/time, average pace, calories, weather, temperature, how you felt, notes/cross-training, and periodic total miles-to-date. Each shoe history section asks for date purchased, brand/model, size, price, place of purchase, date retired, estimated miles, and notes. Each race log section asks for race name, town, date, distance, time, place overall, age group, age group place, course description, and notes. This log is also available in a six month small size 5x8, and a one year Large Print size 8.5x11.

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